



National Nutrient Database for Standard Reference

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Statistics Report 20019, Corn flour, masa, unenriched, white

Report Date: June 27, 2017 03:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5	g	9.79	--	0.515	8.62	11.34	4.0	8.357	11.218	5	Analytical or derived from analytical	--	07/2014
Energy	kcal	363	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Energy	kJ	1517	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Protein 1 2 3 4 5	g	8.46	--	0.543	6.57	9.61	4.0	6.951	9.969	5	Analytical or derived from analytical	--	07/2014
Total lipid (fat) 1 2 3 4 5	g	3.69	--	0.394	2.55	5.31	4.0	2.592	4.78	5	Analytical or derived from analytical	--	07/2014
Ash 1 2 3 4 5	g	1.48	--	0.114	1.15	1.8	4.0	1.161	1.793	5	Analytical or derived from analytical	--	07/2014
Carbohydrate, by difference	g	76.59	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Fiber, total dietary 2 3	g	6.4	--	0.950	5	8.2	1.0	-5.721	18.421	2	Analytical or derived from analytical	--	12/2009
Sugars, total	g	1.61	--	--	--	--	--	--	--	--	Calculated or imputed	20022	01/2010
Starch 2	g	66.00	--	--	64.4	67.6	1.0	--	--	1	Analytical or derived from analytical	--	12/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Minerals													
Calcium, Ca 2 3 4 5	mg	138	--	33.235	53	210	3.0	32.253	243.792	4	Analytical or derived from analytical	--	07/2014
Iron, Fe 2 3	mg	1.47	--	0.077	1.4	1.6	1.0	0.501	2.446	2	Analytical or derived from analytical	--	12/2009
Magnesium, Mg 2 3 5	mg	93	--	8.725	81	110	2.0	55.474	130.559	3	Analytical or derived from analytical	--	12/2009
Phosphorus, P 1 2 3 5	mg	231	--	20.122	178	275	3.0	167.138	295.212	4	Analytical or derived from analytical	--	07/2014
Potassium, K 1 2 3 4 5	mg	262	--	26.799	159	311	4.0	188.039	336.853	5	Analytical or derived from analytical	--	07/2014
Sodium, Na 2 3 4 5	mg	5	--	0.921	2	7	3.0	2.155	8.018	4	Analytical or derived from analytical	--	12/2009
Zinc, Zn 2 3 5 6	mg	1.80	--	0.171	1.3	2.17	3.0	1.255	2.342	4	Analytical or derived from analytical	--	12/2009
Copper, Cu 2 3 5 6	mg	0.209	--	0.048	0.13	0.34	3.0	0.056	0.362	4	Analytical or derived from analytical	--	07/2014
Manganese, Mn 2 3	mg	0.376	--	0.049	0.33	0.45	1.0	-0.252	1.003	2	Analytical or derived from analytical	--	07/2014
Selenium, Se	µg	10.5	--	--	--	--	--	--	--	--	Calculated or imputed	20022	07/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
Thiamin ^{2 3}	mg	0.223	--	0.043	0.18	0.29	1.0	-0.318	0.763	2	Analytical or derived from analytical	--	12/2009
Riboflavin ^{2 3}	mg	0.097	--	0.013	0.08	0.12	1.0	-0.065	0.258	2	Analytical or derived from analytical	--	12/2009
Niacin ^{2 3}	mg	1.634	--	0.110	1.52	1.76	1.0	0.231	3.038	2	Analytical or derived from analytical	--	12/2009
Pantothenic acid ^{2 3}	mg	0.192	--	0.018	0.17	0.21	1.0	-0.033	0.417	2	Analytical or derived from analytical	--	12/2009
Vitamin B-6 ^{2 5}	mg	0.475	--	0.035	0.43	0.51	1.0	0.03	0.92	2	Analytical or derived from analytical	--	12/2009
Folate, total ^{3 5}	μg	29	--	--	13	45	1.0	--	--	2	Analytical or derived from analytical	--	01/2010
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2010
Folate, food ^{3 5}	μg	29	--	--	13	45	1.0	--	--	2	Analytical or derived from analytical	--	12/2009
Folate, DFE	μg	29	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2010
Choline, total	mg	8.6	--	--	--	--	--	--	--	--	Calculated or imputed	20022	01/2010
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/2010
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.532	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
16:0	g	0.453	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
18:0	g	0.060	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Fatty acids, total monounsaturated	g	0.997	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.003	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
18:1 undifferentiated	g	0.994	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Fatty acids, total polyunsaturated	g	1.724	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
18:2 undifferentiated	g	1.672	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
18:3 undifferentiated	g	0.052	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2010
Amino Acids													
Tryptophan ²	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Threonine ²	g	0.245	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Isoleucine ²	g	0.276	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Leucine ²	g	1.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Lysine ²	g	0.219	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Methionine ²	g	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Cystine ²	g	0.182	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 2	g	0.411	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Tyrosine 2	g	0.229	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Valine 2	g	0.380	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Arginine 2	g	0.375	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Histidine 2	g	0.260	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Alanine 2	g	0.635	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Aspartic acid 2	g	0.546	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Glutamic acid 2	g	1.577	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Glycine 2	g	0.313	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Proline 2	g	0.676	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine ²	g	0.416	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2010
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2010
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2010

Sources of Data

¹A. Sanchez-Marroquin, A. Feria-Morales, S. Maya, V. Ramos-Moreno Processing, nutritional quality and sensory evaluation of amaranth enriched corn tortilla, 1987 Journal of Food Science 52 5

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9m, 2005 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA Monitoring Nutrient Content of Selected Key Foods, 1992 Beltsville MD

⁴The Quaker Oats Co. Quaker Oats product analyses, 1979

⁵The Quaker Oats Co. Quaker Oats product analyses, 1986

⁶University of Texas at Austin Minerals in selected fruits and fruit juices, 1975

⁷Nutrient Data Laboratory, ARS, USDA Analysis of carotenoids in selected foods., 2002 Beltsville MD